



30 MINUTE EXPRESS BOOT CAMP

At
The Woodstock City Park
In conjunction with Woodstock
Parks and Recreation Department
and
Andrea Mathis

Mondays & Wednesdays
12:00PM
Starts Monday April 4th
ALL FITNESS LEVELS!!

\$8 per class or \$50/month

Register by phone: 770-324-3175 or
Email angemathis@gmail.com

EXPRESS BOOT CAMP

WOODSTOCK CITY PARK EXPRESS BOOT CAMP with ANDREA MATHIS REGISTRATION FORM

First Name _____ **M.Initial** _____ **Last Name** _____
Date of Birth _____ **Gender:** Male Female **Phone Number:** _____
Email Address: _____
Mailing Address: _____
City _____ **State** _____ **Zip Code** _____

GENERAL RELEASE/WAIVER

I understand that prior to beginning any specific exercise program I should consult my physician. In submitting my entry, I for myself, or my heirs, waive and release any and all rights and claims for damages I may have now or hereafter arising against Andrea Mathis or The City of Woodstock including but not limited to any and all claims of damages, injuries, demands, actions whatsoever, however they may occur, arising as a result of my participation directly or indirectly in said Woodstock City Park Express Boot Camp. Any disputes should be directed to Andrea Mathis.

I hereby grant full permission to any and all of the foregoing to use my name, my voice and/or picture in any broadcasts, telecasts, advertising, promotion or other account of this event for any purposes whatsoever without thought of remuneration.

Participant's Signature _____ **Date** _____

30 MINUTE EXPRESS BOOT CAMP

At

The Woodstock City Park

In conjunction with Woodstock
Parks and Recreation Department
and

Andrea Mathis

Mondays & Wednesdays

11:30 AM

Starts Monday April 4th

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